

## Module 3: Making Changes in Behavior for Better Health

### Handout H-1: Limiting Fat to 30% of Daily Calories

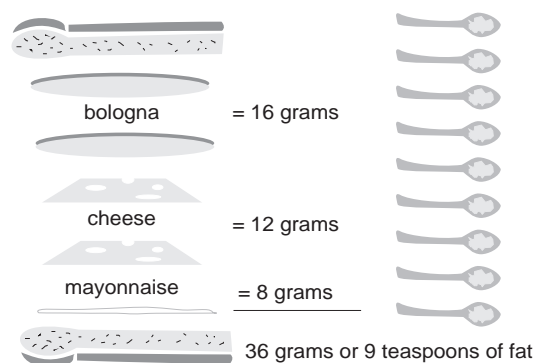


#### How much fat can I have?

It depends on your calorie needs. The Dietary Guidelines recommend that Americans limit fat in their diets to 30 percent of calories. This amounts to 53 grams of fat in a 1,600-calorie diet, 73 grams of fat in a 2,200-calorie diet, and 93 grams of fat in a 2,800-calorie diet.

You will get up to half this fat even if you pick the lowest fat choices from each food group and add no fat to your foods in preparation or at the table.

You decide how to use the additional fat in your daily diet. You may want to have foods from the five major food groups that are higher in fat – such as whole milk instead of skim milk. Or you may want to use it in cooking or at the table in the form of spreads, dressings or toppings.



The fat in some foods add up quickly. A bologna and cheese sandwich made with 2 slices (2 oz.) of bologna, 2 slices (1½ oz.) of cheese, and 2 teaspoons of mayonnaise counts up to about 36 grams of fat, about 9 teaspoons. However, a similar sandwich made with lean beef, lettuce, tomato, and lowfat mayonnaise, and served with a cup of nonfat milk instead of the cheese, has only about 6 grams of fat.

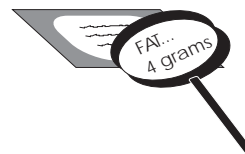
**Note: 4 grams of fat = 1 teaspoon.**

#### Here are some selection tips

- Use lean meats and skim or lowfat dairy products.



- Read nutrition and ingredient labels on food packages to check the kinds and amounts of fat they contain.



- Use unsaturated vegetable oils and margarines that list a liquid vegetable oil as the first ingredient on the label.



- Limit use of food products that contain large amounts of saturated fats. Examples are nondairy creamers and rich baked products such as pie crusts and other pastries, cakes and cookies.